

Diet To Be Followed In Arthritis:

Arthritis has been a major problem for people with 50 plus age group. Every year millions of people do suffer with this painful disease. It is basically a disease which causes severe pain in the joint portion of the body like that of elbow, knees ankles etc. The reason behind this disease is the lack of proper lubricating layer around the joints between the bones. It further results in rubbing of bones; consequently causing pain and inflammation on those affected joints.

Researchers and doctors have found that there are some foods, avoiding to which a person can put a check on the severity of arthritis.

Proper food habit and a regular exercise is the key to maintain a healthy life. If a proper diet is taken, then the severity of arthritis can obviously be decreased. There are several foods that accelerate the intensity of arthritis hence patients should be well known the foods to avoid with arthritis. All those diets which could enhance your regular weight should then and there be avoided. Overweight is one of the major issues to trigger the arthritis as it causes extra pressure on the joints and even worsen the situation.

Foods may drastically change on onset of your arthritis. If you move in a proper direction and a balanced food habit then its effect can be controlled irrespective of the foods to avoid with arthritis, there are foods which should be taken in high quantity. Those fruits should be rich in protein and carbohydrates. Fruits are always helpful as they possess high content of vitamins.

Patients and his assistant should maintain a list of all those food ingredients that has an adverse effect on the body of patient suffering from Arthritis. Foods to be avoided with Arthritis are milk, flour, sugar, red meat, butter, sugar, caffeine, white potatoes, salt, wheat flour and bran. All of the above mentioned foods have an acidic effect on our body; hence it should never be taken if suffering from Arthritis.

A list of foods that has a positive effect on an Arthritis patient should also be kept in mind. A regular intake of these foods drastically reduces the pain and keeps the patient more fit and fine. Apple, blackberries, kiwi fruit, peaches, mango, cantaloupe, strawberries, sardines, herring, salmon, mackerel, tuna, trout, carrots, walnuts, brown rice, ginger, garlic, turmeric are the foods that has a direct alkaline effect on our body which consequently neutralizes the acidic content of the body.

Above diet information is undoubtedly helpful in reducing the pain of an Arthritis patient but he should also follow a regular Yoga or exercise as suggested by an orthopedic.

About the Author

In America, 1 in 7 people suffer from arthritis and it is expected to increase to 60 million within 12 years. More information about [natural arthritis treatment](#), and other related information at [Arthritis Treatment Guide](#)

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